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Strengthening Adolescents with Anxiety Through Drama Therapy

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Strengthening Adolescents with Anxiety Through Drama Therapy

Jeremy Moeller

In recent years social anxiety has become increasingly common in adolescents, requiring nurturance and assistance. With so many forms of therapy available, however, it may be hard for someone to find a practice that suits them. Drama therapy serves as a good option. It is a fairly new practice that helps adolescents to become more expressive and engaging in their everyday lives, decreases their social anxieties, and builds a new sense of confidence. By gaining a deeper knowledge of theatre and its history, adolescents are also provided with a new outlet through which they can explore and continue to grow as human beings. Whether it be through different modalities such as group exercises, individual sessions, improvisational theatre, or a structured three step method of putting on a performance, drama therapy has much to offer adolescents suffering with anxiety.